

# August

## Pullman Senior Citizens Association

325 SE Paradise Street, Pullman, WA 99163 ~ 509-338-3307

### Mark Your Calendars

Lake Chelan Overnighter ..... Aug 1,2,3  
Birthday Party ..... Aug 04  
PSCA Potluck & Meeting ..... Aug 08  
Shopping in Lewiston ..... Aug 09  
Kitchen Band at Hill Ray ..... Aug 09  
Red Hats ..... Aug 10  
Regency Bingo-Ice Cream Social Aug 10  
CDA & St. Joe Cruise ..... Aug 13  
Old Time Fiddlers ..... Aug 14  
Northern Quest Casino ..... Aug 15  
"Newbee" Mystery Trip..... Aug 17  
Kitchen Band ..... Aug 18  
Bingo ..... Aug 18  
Million Dollar Quartet ..... Aug 20  
Blood Pressure ..... Aug 21  
PSC Supper Club ..... Aug 22  
Peach Festival ..... Aug 24  
Cribbage ..... Aug 25  
Hillyard's Senior Jamboree ..... Aug 30

### A note from Steve



MANY THANKS to Otto Nielsen for driving the van this Summer. This month, Rick Stephens will be back in the hot seat again for another year. Coming up this month on Aug. 23rd starts trip registration for the Fall Parks & Recreation Brochure and I hope you will sign up early before they fill up. Get outta the house and do something fun! Remember that the office will be CLOSED while I am gone for the Lake Chelan trip.

***Thanks, Steve***

### AARP Driver Safety Course

September 19 & 20

Tue. & Wed., 9:00am  
-1:00pm

Be safe and save some money! For those 50yrs. & older, you can take this refresher course at the Senior Center and learn how to improve your driving skills. Contact your instructor, Dennis Griner, to register for this class at 509-878-1420. \$15 AARP members/\$20 non-members.



### REGENCY'S BINGO & ICE CREAM SO- CIAL

August 10 at  
1:30pm

Off to Regency Pullman Retirement Center, to visit our friends there. We always have fun too! We will play Bingo and hope we can be the BIG winners. We also will be served "yummy" ice cream to cool us off after all that hard work. It's all FREE ! Home pick-ups too! ***Must sign-up for transportation at the Center.***

# August Menu



(Note: Menus subject to change without notice!)

**Aug 04** Swiss steak, rice, mixed vegetables, roll, Birthday dessert

**Aug 07** Chef salad w/ham, turkey, tomato, cucumber, hard boiled egg and cheese, 10 grain bread, dessert

**Aug 11** BBQ beef sandwich, fries, coleslaw, cottage cheese w/fruit

**Aug 14** Spaghetti w/meat and vegetables, Caesar salad, green beans, French bread, pears

**Aug 18** Mojito Lime chicken, green salad, fruit, popsicle

**Aug 21** Split pea soup, Waldorf salad, bread, dessert

**Aug 25** Oriental chicken stir-fry, rice, fruit, dessert

**Aug 28** French dip sandwich, wilted spinach salad, fruit, dessert



**Lunch Costs:** 60 yrs and older—Suggested cost is \$4.25

Under 60 yrs—meal charge is \$6.50

Sponsored by the Council on Aging

*Sponsored By: Regency Pullman*

## Birthday Party

*“Win a Free Day Trip”*

**Fri., August 4th ~ after COA Meal:**

*Special Thanks to:*

**Regency Pullman for  
sponsoring our FREE Day trip & prizes.**

# August Birthdays

**Celebrate with us on August 4th!**

Robin Foster .....Aug 01	Ann Hume.....Aug 17
Eileen Ankerson .....Aug 02	Jane Hansen ..... Aug 19
Jan Pyle.....Aug 05	Wendell Herrett ..... Aug 19
Sue Durrant .....Aug 06	Gordon Sedlacek ..... Aug 19
Ricky Lewis .....Aug 06	Betty Newby ..... Aug 20
Jan Maguire.....Aug 07	Nelly Zamora ..... Aug 21
Stan Buckley.....Aug 11	Merrill More ..... Aug 22
Deanna Intermill .....Aug 12	Ellene Estergreen ..... Aug 23
Lois Castleberry .....Aug 13	David Ruddick..... Aug 23
Uta Hutnak .....Aug 13	Barbara Johnson..... Aug 24
Barbara Means .....Aug 14	Pat Halvorson ..... Aug 26
Bo Umbright.....Aug 16	Juan Ramirez.....Aug 29
Richard Weathermon Aug 16	Dick Emerson.....Aug 31
Susan Hardy Gormsen Aug 17	Jim McCloskey ..... Aug 31
Susan Hardy-Gormsen Aug 17	Joanne Washburn ..... Aug 31

**August Birthstone: Peridot**

**August Flower: Gladiolas**

# July Birthdays





## SPECIAL NOTES

- ♦ Registration for Fall trips begins on Aug. 23rd and you can sign up at the Senior Center (338-3307) or the Parks & Recreation office (338-3227) or online at:
- ♦ [PullmanParkandRec.com](http://PullmanParkandRec.com)
- ♦ See the FALL brochure & newsletter at the Parks & Recreation web site:  
[PullmanParksandRec.com](http://PullmanParksandRec.com)

Check your newsletter label for your dues renewal date in upper right hand corner

# FRIDAY, AUG 18 at 12:30

Join us at the Senior Center after lunch, for a fun-filled afternoon playing Bingo.

**Bishop Place** will be our event sponsor and they will provide our winners' prizes this month. We appreciate their support!

## Like to Play Cards??

Bridge—Mon & Fri at 12:30

Hand & Foot—Mon & Fri at 12:30

Pinochle—Thur. at 1:00



## MONTHLY MEETINGS:

August 8, PSCA Potluck and Business Meeting Potluck at 12:15 & meeting at 1:00pm

Welcome  
our New  
Members:

*Kathy Merry*

*Barb Robbins*

*Welcome to All!*



# Discover Scotland - March 18-27, 2018

Feast your eyes upon the Orkney Islands. Marvel at the magnificent Edinburgh Castle and experience the Isle of Skye with its picturesque rugged landscapes and scenic views. Learn the art of producing scotch whiskey during the distillery tasting tour. Also, enjoy an interactive culinary cooking experience at one of Edinburgh's premier culinary institutions. On this 10 day trip to Scotland you will experience the beautiful highlights this country has to offer! Even get an opportunity to have a bagpipe lesson with a renowned piper. Fee includes: roundtrip airfare from Spokane International Airport, air taxes, fees/surcharges, hotel transfers, 14 meals, home pick-up, and transportation. Get your Discover Scotland flyer today by visiting the Pullman Senior Center or calling Steve at 509-338-3307. **Don't wait until the last minute! Call 338-3307 for your brochure and get signed up.**

**Register now! Deadline will be September 1st, 2017**

Double Occupancy: \$3,399

Single Occupancy: \$3,749

Cancellation and waive insurance is an additional nonrefundable fee.



# August Trips & Activities

## **Lake Coeur d'Alene & St. Joe River Cruise**

This is the most beautiful cruise that is offered on Lake Coeur d'Alene. It is really a relaxing six-hour cruise across the length of the lake. See the eagles and ospreys, as we travel up the St. Joe River several miles and then enjoy their tasty lunch buffet: Buttermilk fried chicken, baked beans, coleslaw, biscuits, and honey. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, meal, escort, and transportation. Register by: Aug 18

Location: Coeur d'Alene, ID     Min 8/Max 18  
Su Aug 13 9:00am-6:00pm  
Resident: \$65/N-Resident: \$67  
No refunds after Aug 18, as tickets are pre-purchased

## **Northern Quest Casino**

This IS our "most popular" casino trip. As the largest casino in our area, it has 14 different restaurants and food vendors. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost not included. Register by: Aug 4

Location: Airway Heights, WA     Min 8/Max 18  
Tu Aug 15 9:00am-5:00pm  
Resident: \$12/N-Resident: \$14  
We are not responsible for any losses incurred!

## **"Newbee" Mystery Trip**

Steve comes up with another exciting Mystery Trip, just for those who have NEVER been on ANY Mystery trips before. It is for those who like to be surprised and on the cutting edge of an adventure. Just be sure to sign up quickly, as this trip will fill up early. Home pickup begins 1-hr prior to scheduled departure. Fee includes: admissions, tour, escort, and transportation. Meal cost is not included. Register by: Aug 1

Location: Unknown? Min 8/Max 18  
Th Aug 17 8:00am-6:00pm  
Resident: \$30/N-Resident: \$32

## **Coeur d'Alene Summer Theatre: Million Dollar Quartet**

Another exciting musical from the Coeur d'Alene Summer Theatre with performances of the famous singers: Elvis Presley, Jerry Lee Lewis, Johnny Cash, and Carl Perkins. Don't miss this unique show! Lunch before the show at the Iron Horse Restaurant. Home pickups will begin 1-hour prior to scheduled departure. Fee includes: admissions, escort, and transportation. Meal cost is not included. Register by: Aug 4

Location: Coeur d'Alene, ID     Min 8/Max 18  
Su Aug 20 9:30am-6:00pm  
Resident: \$55/N-Resident: \$57  
No refunds after Aug 4, as tickets are pre-purchased

## **Peach Festival at Greenbluff**

Travel with us to Greenbluff, the "fruit mecca" of the Inland Northwest. You can buy your favorite fruits and vegetables, fresh from the fields, or enjoy a hot yummy peach cobbler with ice cream for lunch. We will also visit several farms, a gift shop, and several different places to eat. Home pickup begins 1-hr prior to scheduled departure. Fee includes: admissions, escort, and transportation. Meal cost is not included. Register by: Aug 19

Location: Greenbluff, WA     Min 8/Max 18  
Th Aug 24 9:00am-5:00pm  
Resident: \$13/N-Resident: \$15

**Register by calling 509-338-3307 or 509-338-3227**



# August Trips & Activities Con'd

## Senior Summer Jamboree

Hillyard Senior Center has invited us to join them for their summer outdoor party. They will be serving a yummy picnic lunch, also enjoy live music, bingo, croquet, and even some kayaking on the lake. These events will be held at Waterfront Medical Lake. Home pickups begin 1-hour prior to scheduled departure. Fee includes: admission, meal, escort, and transportation. Register by: Aug 18

Location: Medical Lake, WA Min 8/Max 18

W Aug 30 9:00am-5:30pm

Resident: \$25/N-Resident: \$27



## Need Some Help?

Are you interested in learning how to use your iPhone, cell phone, smart phone?

Please sign up on our "interest" list if you would like to take a class and what you would like to learn. Hopefully, we can organize a class this Fall if we get enough Members interested.

Call Steve for more information at 338-3307.

## Shopping in Lewiston

### Wednesday, Aug 9th

Leave City Hall at 10:00am

Home pick-ups begin at 9:00am

Shop at J.C. Penneys, Big Lots,  
Winco, and more

Lunch is on your own at Zany's

Sign-up in the Senior office

Transportation cost only

Minimum—6 people

R-\$4.00/NR-\$6.00



## PSC

### Supper Club

Tuesday, Aug. 22

In Moscow at the "new"

"Varsity Diner"

Leave City Hall at 4:30am

Home pick-ups begin at 3:30am.

The meal is on your own.

Transportation cost only

PULLMAN SENIOR CENTER  
325 S.E. Paradise Street  
PULLMAN, WA 99163

NONPROFIT ORG.  
US POSTAGE  
PAID  
PERMIT NO. 36  
PULLMAN, WA

RETURN SERVICE REQUESTED



## **PULLMAN SENIOR CENTER INFORMATION**

### **SENIOR ASSOCIATION**

#### **Co-Presidents**

JoAnn Ailor  
Marlene Stephens

#### **Co-Vice Presidents**

Pat Hudak  
Annabelle Syms

#### **Treasurer**

Mary Cole

#### **Secretary**

Jere' Strang

#### **Board Members**

Betty Millham  
Helen Peru  
Peter Haug  
Jolie Haug  
Carroll Hughes  
DJ Warner

#### **Past President**

Sharon Sharp

#### **Senior Program Coordinator**

Steve Bell at 509-338-3307 (has voicemail)

**Email: [steve.bell@pullman-wa.gov](mailto:steve.bell@pullman-wa.gov)**

#### **Location & Mailing Address:**

**325 SE Paradise, City Hall, Pullman, WA 99163**

#### **Lunch Pick Up**

Call DJ Warner at 509-332-1933 from 9:00-10:00am to sign up.

#### **Senior Center Van Driver**

Otto Nielson & Rick Stephens - Cell: 509-595-3879

#### **Pullman Senior Citizens Association & Senior Center**

For information about the Pullman Senior Citizens Association, the Senior Center, the newsletter, programs, trips or other senior services, please call (509) 338-3307. Membership dues are just \$15/single and \$25/couple annually.

#### **Senior Citizens Mission Statement**

Our purpose is to promote the social, cultural, spiritual, economic, physical, and mental well-being of the citizens of the community with particular attention to the older age group.